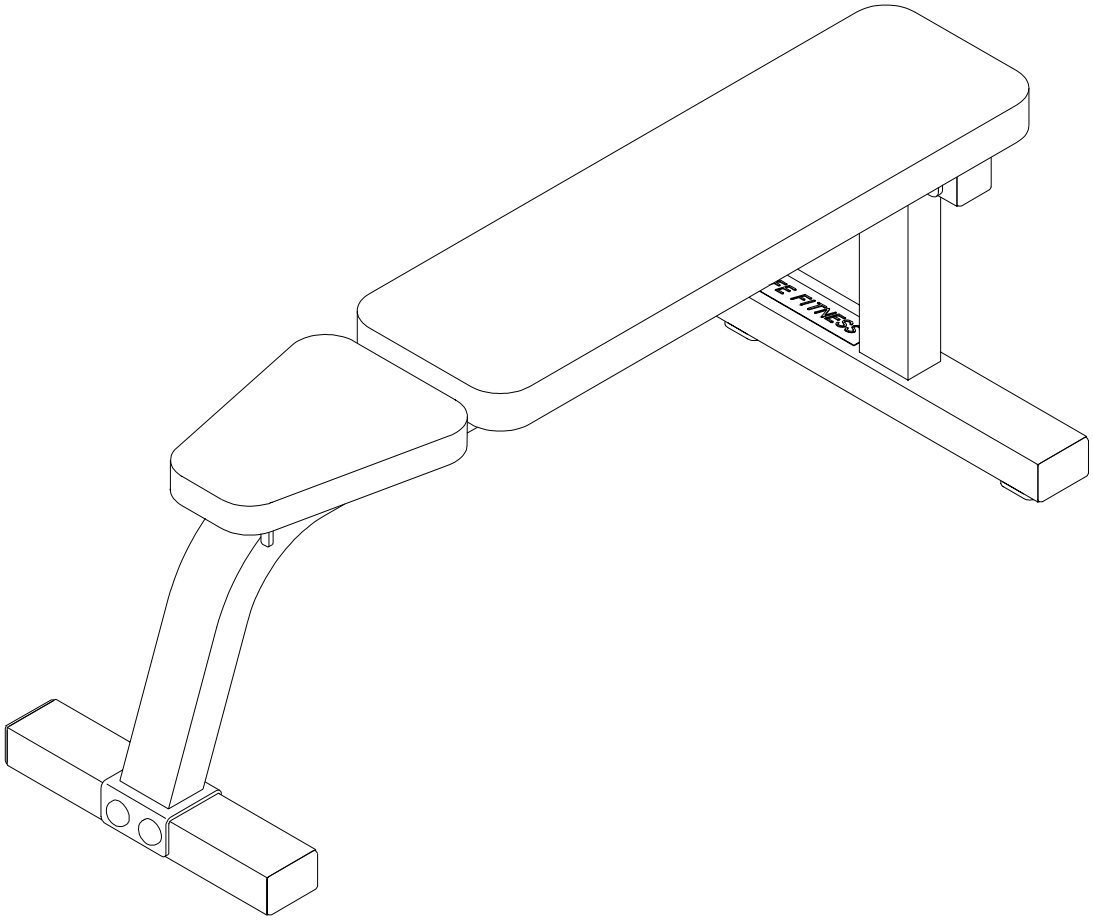
CLUB SERIES FLAT BENCH



ASSEMBLY INSTRUCTIONS

PARTS LIST

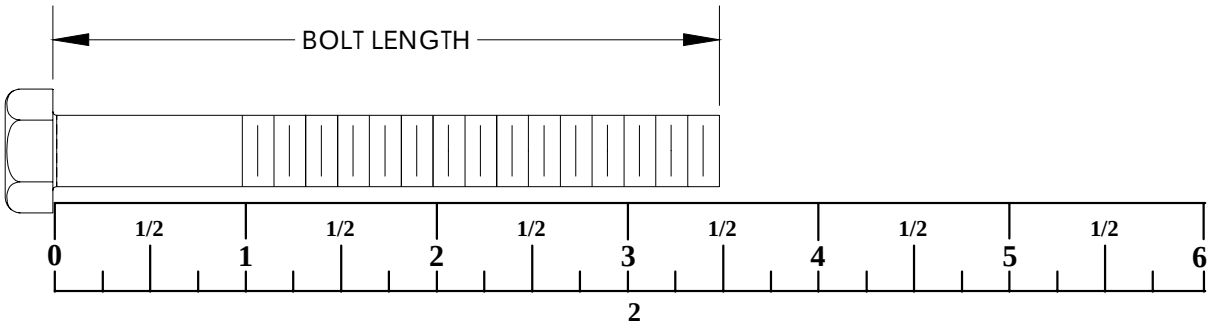
KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	71387	BENCH FRAME	1		8	3102905	3/8 X 3-3/4” BOLT	2
2	71389	3 X 2 X 16” TUBE	1		9	3202406	3/8 X 1-1/4” BUTTON HEAD BOLT	1
3	71392	REAR UPRIGHT	1		10	3102807	3/8” LOW HEIGHT LOCK NUT	4
4	71391	SUPPORT BRACKET	1		11	3102514	3/8” SAE WASHER	4
5	69131	SEAT PAD	1		12	3228501	3/8” BLACK SAE WASHER	1
6	68769	BACK PAD	1		13	6866701	3/8” RH WASHER	11
7	3102922	3/8 X 2-3/4” BOLT	5		14	6866602	WHITE RH CAP	11
					OR	6866603	PLATINUM RH CAP	11

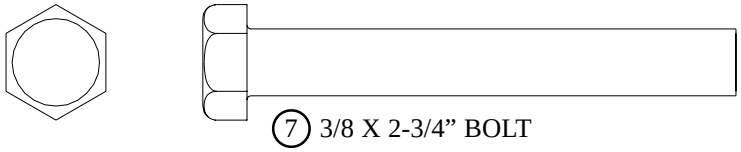
Tools Required for Assembly

* Rubber mallet or hammer
* 9/16” wrench
* Ratchet with 9/16” socket
* 7/32” Allen wrench

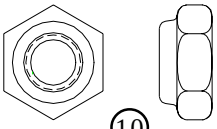
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

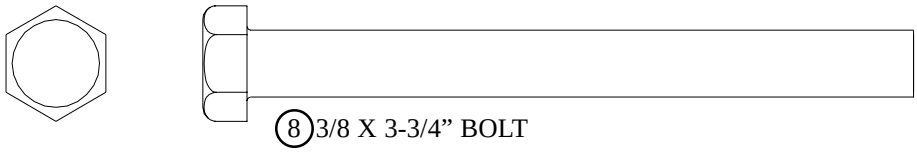




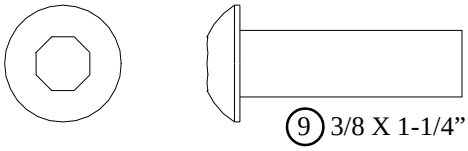
(7) 3/8 X 2-3/4" BOLT



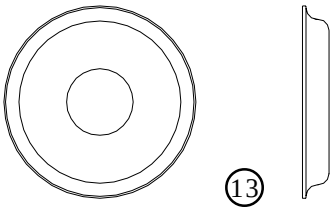
(10) 3/8" LOW HEIGHT LOCK NUT



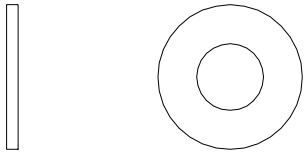
(8) 3/8 X 3-3/4" BOLT



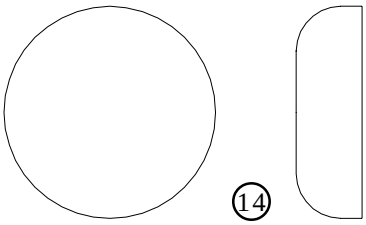
(9) 3/8 X 1-1/4" BUTTON HEAD BOLT



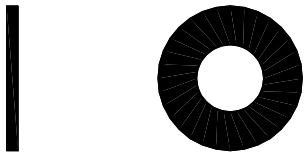
(13) RH WASHER



(11) 3/8" SAE WASHER

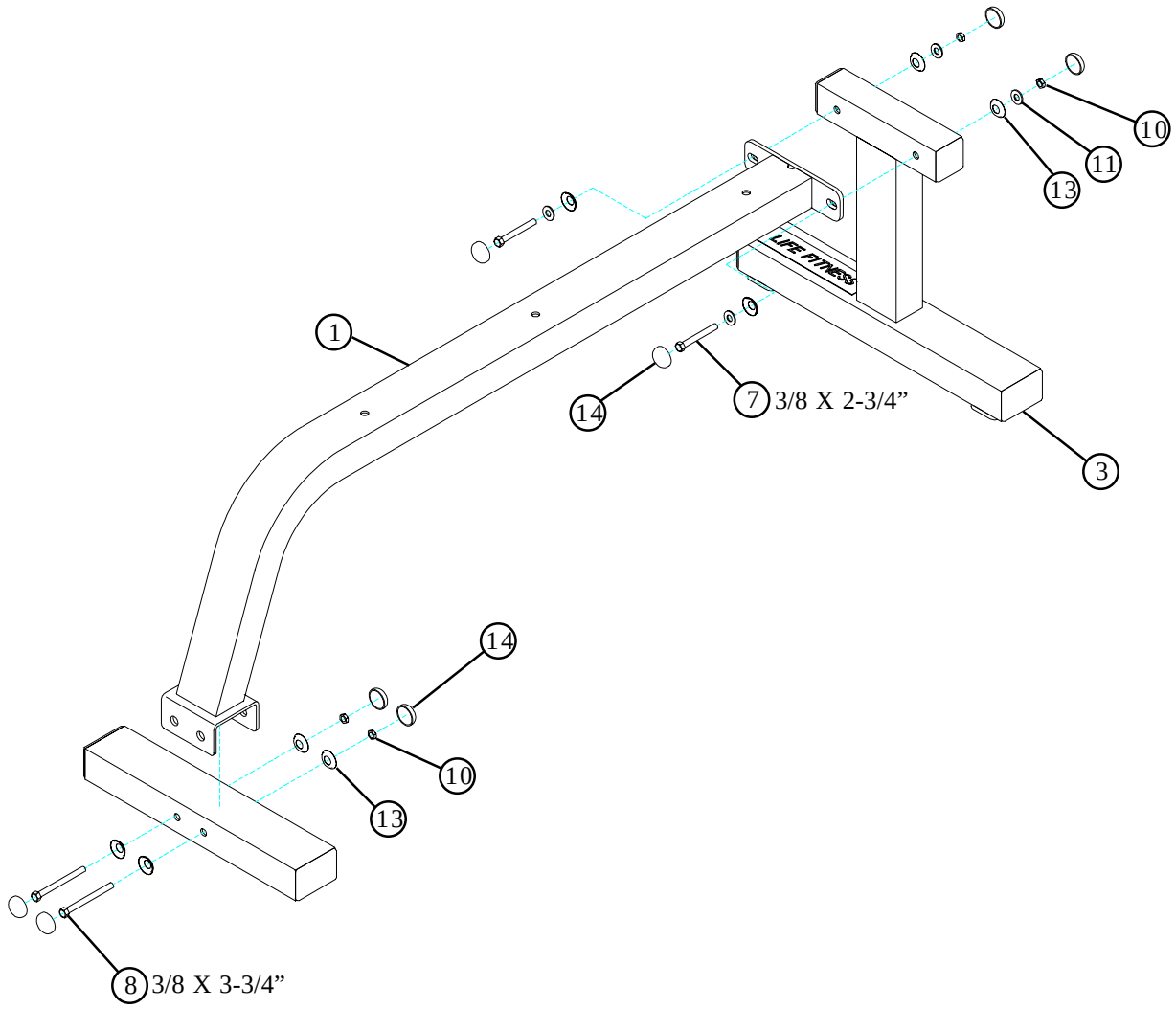


(14) RH CAP (BLACK/WHITE/PLATINUM)



(12) 3/8" BLACK SAE WASHER

FIGURE 1



STEP 1:

- **SECURELY** assemble the 3 X 2 X 16” TUBE (2) to the BENCH FRAME (1) using four RH CAPS (14), two 3/8 X 3-3/4” BOLTS (8), four 3/8” RH WASHERS (13) and two 3/8” LOW HEIGHT LOCK NUTS (10) as shown in FIGURE 1.

- **SECURELY** assemble the REAR UPRIGHT (3) to the BENCH FRAME (1) using four RH CAPS (14), two 3/8 X 2-3/4” BOLTS (7), four 3/8” SAE WASHERS (11), four 3/8” RH WASHERS (13) and two 3/8” LOW HEIGHT LOCK NUTS (10) as shown in FIGURE 1.

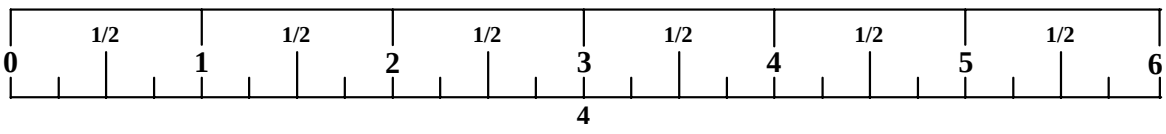
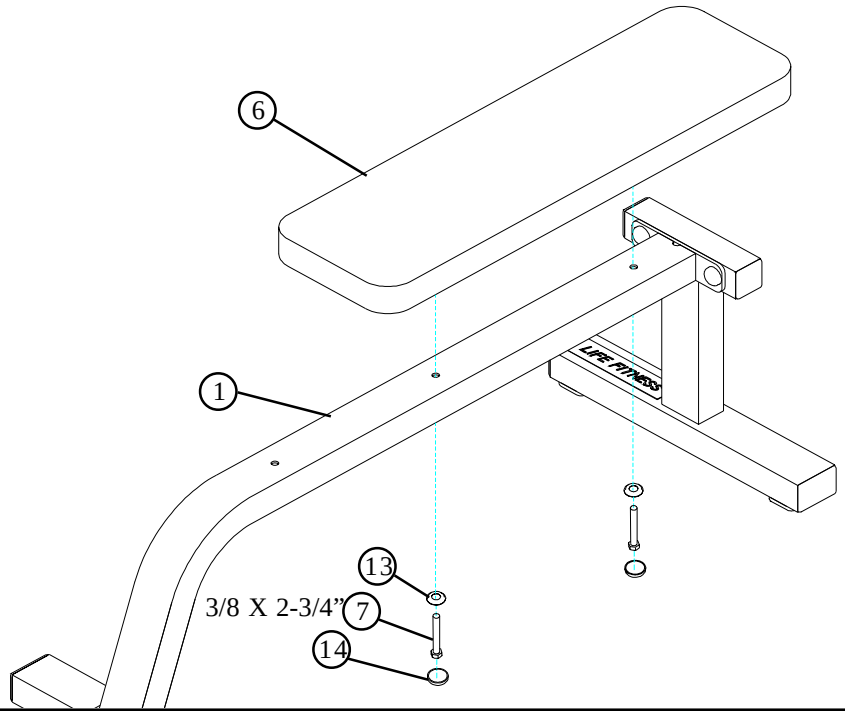


FIGURE 2



STEP 2:

- **SECURELY** assemble the BACK PAD (6) to the BENCH FRAME (1) using two RH CAPS (14), two 3/8 X 2-3/4” BOLTS (7) and two 3/8” RH WASHERS (13) as shown in FIGURE 2.

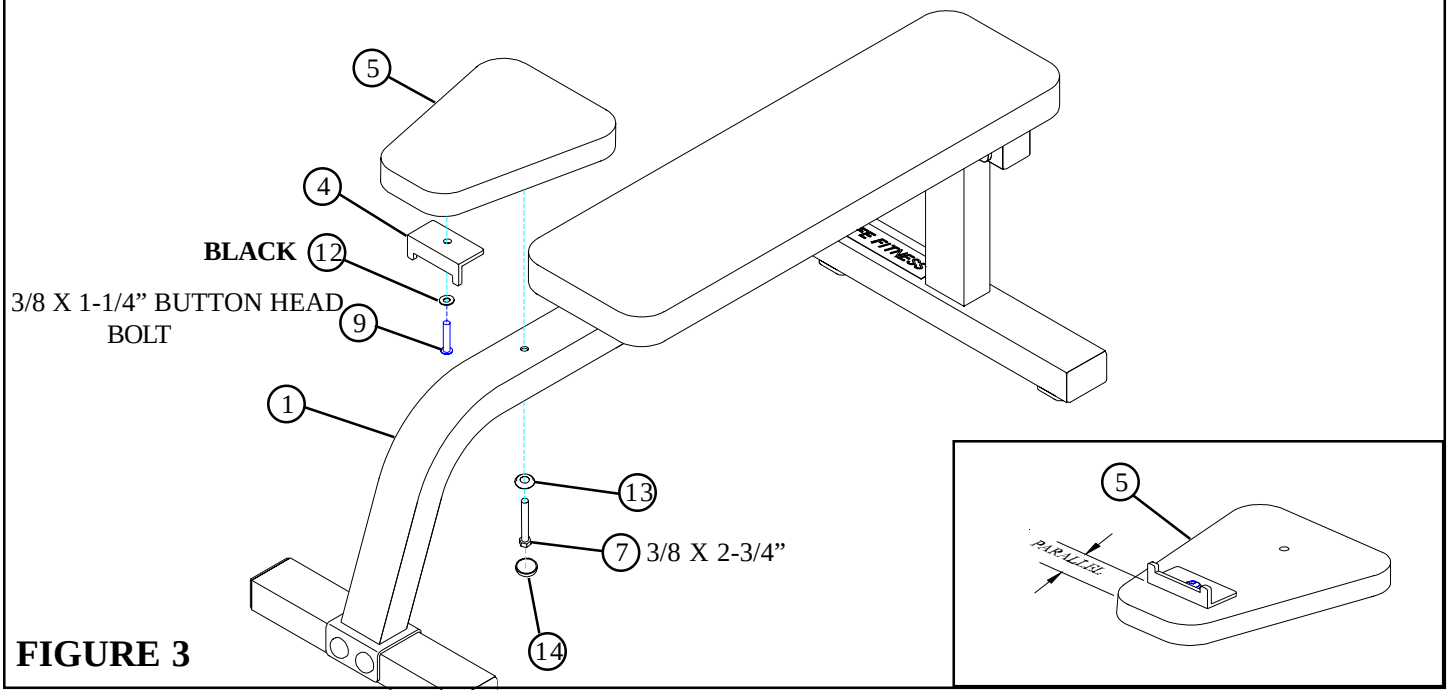


FIGURE 3

STEP 3:

- **SECURELY** assemble the SUPPORT BRACKET (4) to the SEAT PAD (5) using one 3/8 x 1-1/4” BUTTON HEAD BOLT (9) and one 3/8 **BLACK** SAE WASHER (12) as shown in FIGURE 3. (**NOTE: Before Tightening, make sure that the SUPPORT BRACKET (4) is PARALLEL with the front of the SEAT PAD (5). See Detail.)**
- **SECURELY** assemble the SEAT PAD (5) to the BENCH FRAME (1) using one RH CAP (14), one 3/8 x 2-3/4” BOLT (7) and one 3/8” RH WASHER (13) as shown in FIGURE 3.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4” deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES FLAT BENCH. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.